

Abstract of the Disclosure

5 This application relates to hockey pucks modified for training purposes and methods of using same. The pucks are intended to develop the visual acuity and hand-eye coordination of hockey players to improve game play. In one embodiment of the invention, each training puck is partially or
10 entirely white (or some other light color) on its upper and lower flat surfaces, or on its circumferential side surface, or both. For example, the upper and lower surfaces may include a first relatively light portion around the periphery thereof and a relatively dark portion in a central region thereof. The relative size of the light and dark portions varies from puck to puck. In one embodiment the light portions are white and the
15 dark portions are black. In use, players could begin by using a training puck with a relatively large dark portion. After they become accustomed to such a training puck, a puck with a smaller diameter dark portion could be substituted. This process would continue until pucks with very small dark portions were used. Finally, a completely light colored puck could
20 be used. The smaller the size of the dark portions, the more difficult the puck will be to see on the ice or other light colored surface. Thus, by using the training pucks of the invention, players are required to increase their levels of concentration and visualization. When the players then revert to using regulation black pucks during hockey games, they are able to stick
25 handle and pass the puck with enhanced ability and accuracy. The training pucks could sold or used separately or as part of a training kit comprising multiple pucks of varying appearance. Pucks adapted for training both skaters and goaltenders are described.